





THE CORRELATION OF KNOWLEDGE AND ATTITUDES OF BREASTFEEDING MOTHERS TOWARDS EXCLUSIVE BREASTFEEDING

Rini Senza Dewi ¹ , Mesrida Simarmata ² , Ninsah Mandala Putri ² ,
Nurmalina Hutahaeen ² 

^{1, 2, 3, 4} Undergraduate Study Program, STIKes Mitra Husada, Medan,
Indonesia

Correspondence address: Jl Pintu Air Psr VIII Kel Simp Kwala Bekala District _ Medan
Johor City Medan North Sumatra 20142
Medan and Indonesia
Email: rinisenja2@gmail.com

Abstract

Background : Breast milk is the best food For babies 0-6 months . Exclusive Breastfeeding Coverage Still low in Indonesia. Many factors come into play obstacle in exclusive breastfeeding . **Methods**: This use studies *correlation* with design *cross sectional*, for look for connection knowledge and attitudes to exclusive breastfeeding . _ Population is all over mother who has babies 6-24 years old in Sisumut Village Year 2023 which totaling 50 mothers with technique taking sample *purposive sample* . Research time May 2023 in Sisumut Village . Data retrieved primarily for _ knowledge and attitudes . Questionnaire instrument tool with method interview . The data analysis technique uses *Chi* statistical test analysis *Square* . **Result** : Majority respondents knowledgeable less 76%, attitude 54% agree , 20-35 years old 76%, SMS education 44% and working 66%. There's a relationship knowledge to exclusive breastfeeding that is $p = 0.002 < \alpha$ value = 0.05. There isn't any connection attitude with exclusive breastfeeding namely $p = 0.145 > \alpha$ value = 0.05. **Conclusion** : There is a correlation knowledge missed Exclusive breastfeeding and not _ There is correlation attitude with exclusive breastfeeding . Should given support Good from health workers , family and intentions from Mother in give exclusive breast milk .

keywords : *Knowledge , Attitude , Exclusive Breastfeeding*

INTRODUCTION

In lowering frame number pain And baby death, Recommended baby only given Breast milk for six months on giving breast milk exclusive According to *Untitled Nations Childrens Funds* (UNICEF) And *World Health Organization* (WHO). Constitution Health No. 36 of 2009 article 128 paragraph 1 states that at Every baby born has the right

to receive exclusive breast milk from birth until birth six months unless there is medical indication and the second paragraph states during breast milk feeding, family, government, government Regions and communities must participate in supporting babies fully by providing time and public facilities. Indonesia strongly supports exclusive breastfeeding _ This with There is



Law No. 36 of 2009 which states protection for babies For getting exclusive breast milk and prohibiting exists advertisement sales of formula milk (Nurcahyo & Khuzaiyah, 2018) . Policy in Indonesia that Regulation Government number 33 of 2012 article 1 concerning providing exclusive breast milk that breast milk is fluid from secretion gland breast mother gave _ in a way exclusive without food and Drink addition for 6 months (Ministry of Health, 2012) . The Ministry of Health (Kemenkes) noted that 66% of babies received exclusive breast milk until the second quarter of 2022 . In Aceh exclusive breastfeeding still 55.24% (Zikrina, 2022) . According to the Health Profile of North Sumatra Province, babies receiving exclusive breastfeeding are at 34.86%, where this achievement is still far from the target determined in the 2018 North Sumatra Provincial Health Service Strategic Plan, namely 55%. There are several districts/cities that have not achieved the Strategic Plan target consisting of 31 districts/cities, one of which is Central Tapanuli district (45.81%). The lowest level of exclusive breastfeeding occurs in 3

districts/cities, namely North Nias (1.17%), Nias (5.68%) and Tanjung Balai (16.13%) . Based on the health profile of Deli Serdang Regency, the coverage of newborns receiving IMD in Deli Serdang Regency was from 69.33% in 2018 to 77.03% in 2019.

Exclusive breastfeeding is a gift Breast milk alone without other additional foods for babies aged zero to 6 months (0-6 months). Exclusive breast milk is the best food you should eat given to babies, because it contains almost all substances nutrition needed by babies. According to Wijaya and Anita , breast milk is is good food for babies 0-6 months _ Because contain ideal nutrition and rich in antibodies (Wijaya, 2019) . Research result Astriana and Afriani in 2022 that There is connection enhancement baby 's weight with exclusive breastfeeding _ (Astriana & Afriani, 2022) . Many influencing factors _ smoothness exclusive breastfeeding _ This . One of them income from economy Mother Mother can influence content macronutrients in mothers so that needed content balanced nutrition for mothers so that their breast milk content is good

(Hidayatunnikmah, 2019) . apart from economy There is obstacle from other factors namely support social like support family , lack of means can hinder Apart from that , exclusive breastfeeding There is other influencing factors exclusive breastfeeding _ This that is age (Kurnia Sari et al., 2022) , education , knowledge , work as well as factor implementation initiation breast-feed early (IMD). IMD is very influential on success breast-feed early (Kebo et al., 2021) . According to study Hadina et al in 2022 that There is connection support leader work to success exclusive breastfeeding _ (Hadina et al., 2022) .

Based on an initial survey in Sisumut Village , Pinang City, South Labuhan Batu on 27th _ March 2023 from 10 respondents Which in give quizoner there is 7 respondents who did not provide exclusive breastfeeding and 3 respondents Which provide breast milk exclusive . So what? connection knowledge and attitudes in exclusive breastfeeding in

Sisumut Village Year 2023.

METHOD

Knowledge and attitude somebody relate with exclusive breastfeeding to children . _ Study This is studies correlation with design *Cross Sectional*. Study carried out in Sisumut Village Year 2023 . Population study This is mother who has baby with sample purposive sampling method as many as 50 respondents . Data retrieved primarily using a questionnaire instrument For evaluate knowledge and attitudes respondents and data were analyzed using the chi square test.

RESULT AND DISCUSSION

Analysis This done For see characteristics respondents in study This aim see distribution frequency knowledge , attitude , Education, Occupation and Age Mother to exclusive breastfeeding in Sisumut Village _ year 2023. As for the result is as following .

Table 1 Distribution Frequency Characteristics of Mothers Who Have child 6-24 month Based on Knowledge Attitude Education Work And Age .

Variable	Frequency	
	n	%
Mother's knowledge		
Not enough	37	76
Enough	13	24
Amount	50	100
Attitude Mother		
Agree	29	54
Don't agree	21	46
Amount	50	100
Education		
elementary school	11	22
JUNIOR HIGH SCHOOL	17	34
SENIOR HIGH SCHOOL	22	44
Amount	50	100
Work		
Doesn't work	17	34.0
Work	33	66.0
Amount	50	100
Age		
<20 years > 35 year	38	76.0
20-35 year	12	24.0
Amount	50	100
breast milk		
Non Exclusive	18	36.1
Exclusive	32	64.0
Amount	50	100

Based on table 1 is known characteristics knowledge Mother half knowledgeable not enough (76 %), almost part big attitude mothers agree (54%), the majority Mother

junior high school educated (34 %), most mothers work (66 , %), almost half big mother aged 20-35 year (64 %).

Table 2 Connection knowledge Mother to giving breast milk exclusively in Sisumut Village Year 2023

Knowledge	breast milk				Total		Value <i>value</i>
	Non Exclusive		Exclusive				
	n	%	n	%	n	%	
Not enough	25	50	6	12	31	62	0.002
Enough	7	14	12	24	19	38	
Total	32	64	18	36	50	100	

Based on table 2 seen that knowledge Mother from 50 respondents who do not provide exclusive breastfeeding there are some big respondents Which knowledgeable less than 31 respondents (62%) . Of the 31 respondents, 25 respondents No provide exclusive breastfeeding

(50%). Results test statistics obtained *P. value* $0.002 < 0.05$, so that There is connection Which meaningful between knowledge Mother to giving breast milk exclusive in Sisumut Village Year 2023 . Matter This means knowledge Mother Which not enough more risky For No give breast milk Exclusive

Table 3 Connection knowledge Mother to giving breast milk exclusively in Sisumut Village Year 2023

Attitude	breast milk				Total		<i>P Value</i>
	Non Exclusive		Exclusive				
	n	%	n	%	n	%	
Agree	21	42	8	16	29	58	0.145
Don't agree	11	22	10	20	21	42	
Total	32	64	18	36	50	100	

From 50 respondents who There are some who do not provide exclusive breastfeeding big behave agree namely 29 respondents (58%). From respondents behave agree only 16% provide exclusive breastfeeding . From the statistical test results obtained *p. Value* $0.145 > 0.05$ so that

No there is a correlation Which meaningful between attitude Mother to giving breast milk exclusive in Sisumut Village Year 2023 . This means that the mother's attitude can agree not giving exclusive breast milk

DISCUSSION

Breast milk is a white liquid produced by the glandsbreast Mother through process breast-feed. By natural breast capable produce breast milk, Which prepared For candidate baby moment a pregnant woman In addition, breast milk is a food that sufficient all over element need baby Good in a way physique, psychology, social and spiritual. The results of this research were half of respondents have knowledge Which not enough Good (76 %) And show majority respondents No give breast milk exclusive . Knowledge is the result that occurs after people sense to something object certain. Sensing happen through five sense man, that is sense vision, hearing, smell,taste and touch. Most of human knowledge is obtained through eyes and ears . If _ a have knowledge Which Enough about breast-feed so that it can provide encouragement about the importance of giving breast milk in a way full. According to Sabriana et al in 2022 that There is connection knowledge and attitudes towards exclusive breastfeeding _ (Sabriana et al., 2022) .

Based on research results, most

mothers have attitude support to giving breast milk exclusive However, there are many things that influence giving apart from attitude, so even though they agree that exclusive breastfeeding is good for growth and development, due to various obstacles, for example working, respondents still do not give exclusive breastfeeding . Attitude is is a person's reaction or response to a stimulus or object. Attitudes in daily life are reactions emotional to social stimuli . According to research by Herman et al in 2021 that There is connection knowledge and attitudes in exclusive breastfeeding (Herman et al., 2021) . The majority of respondents' education is in junior high school. This shows that the level of education is not high, so that the respondents' lack of knowledge, combined with unsupportive conditions and lack of knowledge about exclusive breastfeeding, means that the majority do not provide exclusive breastfeeding . This matter conclude that low maternal education levels increase maternal risk For No give breast milk exclusive. Giving breast milk exclusive No just influenced by fac tor _ Education Mother, but Also level

knowledge Which Mother have about breast milk exclusive. Knowledge Can in get it through counseling health, brochure And giving information officer health when it comes to posyandu , needed role as well as health worker in give education about matter This . According to results study kusumawati that There is connection from support internal health workers exclusive breastfeeding (Kusumawati, 2021) .

Based on the characteristics of the respondents, it is known that the majority of respondents work. This is the main obstacle for respondents not to provide exclusive breastfeeding plus a lack of knowledge about storing breast milk. Besides That, This trend also occurs due to female workers give birth to, give breast milk exclusive is something dilemma, Because period paid leave too short compared to period breast-feed, so they will give formula milk as a replacement Exclusive breastfeeding. Working mother become something obstacle in exclusive breastfeeding , though _ knowledge Enough that breast milk is important need strong will _ for exclusive breastfeeding . According to study previously Lots

find that work So reason main Mother No give exclusive breast milk Because No want to bother pumping and storing breast milk. If mother Work of course want to intention provide exclusive breastfeeding Actually Can with supported family , husband , means and boss work (Amalia & Rizki, 2018) .

Based on the research results, it was found that almost the majority of mothers aged 20-35 years who exclusively breastfeed. Age 20-35 years is age reproduction Healthy And ripe so that can very supports exclusive breastfeeding, while the age is 35 years although own baby with status nutrition Good However on age This is considered dangerous, because both the reproductive organs and the The mother's physical condition has become much reduced and declining . From the results Purnama Sari research in 2022 that mothers are at risk tall under 20 years and over 35 years more risky No give exclusive breast milk to the baby (Purnamasari, 2022) On research The majority of mothers are 20-35 years old because currently the respondents are in a healthy reproductive period so it is good for

mothers to breastfeed, but here mothers do not give exclusive breast milk because there are some respondents. Still educated low 34% and mother works 66% so need support family, facilities and leadership work to be successful in exclusive breastfeeding. Support for mothers breast-feed can help in exclusive breastfeeding. Family plays a very important role in matter This (Pahlevi et al., 2021).

Based on results study is known that majority Mother knowledgeable not enough. From 50 knowledgeable people not enough there were 25 respondents (50%) no give breast milk exclusive. From these data, researchers assume that more The lower the level of knowledge, the greater the chance of non-fulfillment breastfeeding Exclusive. Results analysis bivariate t is obtained $p\text{ value } (0.002) < 0.05$ Which means there is a significant relationship between mother's knowledge of exclusive breastfeeding in Sisumut Village Year 2023.

Study This No The same with study previously that There is lacking knowledge However Still can give exclusive breast milk Because Lots

support Good from family, health workers and facilities as well as social Mother (Ramli, 2020). However there is also research others stated that knowledge relate in a way meaning in exclusive breastfeeding. Because with exists sufficient knowledge although without There is support from other so Mother will try look for road go out in give exclusive breast milk to the baby (Sabriana et al., 2022). Researcher Assuming that Still Lots respondents who did not give results because of intermediate education so that his knowledge only Enough so that There is A little become obstacle in exclusive breastfeeding. Because Still depends on the support available to the mother.

Based on the research results from 50 respondents, the majority agreed with 29 respondents (54%) and of these 29 respondents, only 8 respondents (28%) provided exclusive breastfeeding. From this data, it can be seen that not everyone who agrees will give exclusive breastfeeding, but there are many other things that influence it so that even if we agree, there are many obstacles to being able to give

exclusive breastfeeding. Researchers assume that the more supportive the mother's attitude is, the more obstacles must be overcome in providing exclusive breastfeeding, the greater the opportunity for exclusive breastfeeding such as storing breast milk and so on. From the research results, it was found that the p value was $0.145 > 0.05$, meaning there was no significant relationship between mothers' attitudes towards exclusive breastfeeding. Attitudes correlation breastfeeding are not in accordance with theory because respondents agree to accept exclusive breastfeeding but do not implement it due to many other factors that make breastfeeding successful.

Study This contradictory with The results obtained by Riska et al in 2022 that attitude influence on exclusive breastfeeding . _ Mother owns attitude agree about exclusive breastfeeding so tend will give exclusive breast milk to the baby . In mothers who don't provide exclusive breast milk to the baby although his attitude agree Because Lots thing that becomes obstacle in exclusive breastfeeding is not _ Can overcome Mother the .

CONCLUSION

Respondent knowledge majority not enough , attitude agree , junior high school education , mother working , aged 20-35 years and the majority Mother No provide exclusive breastfeeding , available correlation Knowledge Mother to giving breast milk Exclusive in Sisumut Village In 2023, none correlation attitude Mother to exclusive breastfeeding in Sisumut Village Year 2023.

ACKNOWLEDGMENT

Saying accept Thank you to STIKes Mitra Husada Medan for this facilitate implementation study here , accept it Thank you also to Sisumut Village for its support willing as place research , and accept thank you all mother who has become respondents to the research This as well as saying accept thank you all stakeholders in study This ..

REFERENCES

Amalia, R., & Rizki, LK (2018). Factors that influence the success of working mothers in providing exclusive breastfeeding. *Mandala Of*

- Health* , 11 (1), 44.
<https://doi.org/10.20884/1.mandala.2018.11.1.546>
- Astriaana, W., & Afriani, B. (2022). Weight Increase in Babies Aged 0-6 Months Judging from Breastfeeding. *Journal of 'Aisyiyah Medika* , 7 (2), 128–136.
<https://doi.org/10.36729/jam.v7i2.860>
- Hadina, H., Hadriani, H., Nirma, N., Mangun, M., & Sakti, PM (2022). Exclusive Breastfeeding for Working Mothers and Workplace Leadership Support. *Jambura Journal of Health Sciences and Research* , 4 , 90–98.
<https://doi.org/10.35971/jjhsr.v4i0.13384>
- Herman, A., Mustafa, M., Saida, S., & Chalifa, WO (2021). The Relationship between Mother's Knowledge and Attitudes with Exclusive Breastfeeding. *Professional Health Journal* , 2 (2), 84–89.
<https://doi.org/10.54832/phj.v2i2.103>
- Hidayatunnikmah, N. (2019). The Influence of Breastfeeding Mothers' Economic Income on the Quality of Breast Milk Macronutrient Components. *Journal Of Health Science* , 4 (2), 1–7.
<https://doi.org/10.24929/jik.v4i2.796>
- Kebo, SS, Husada, DH, & Lestari, PL (2021). Factors Affecting Exclusive Breastfeeding in Infants At the Public Health Center of Ile Bura. *Indonesian Midwifery and Health Sciences Journal* , 5 (3), 288–298.
<https://doi.org/10.20473/imhsj.v5i3.2021.288-298>
- Ministry of Health, I. (2012). Government Regulation No 33 of 2012. In *Indonesian Ministry of Health* (Vol. 66, Issue 4, pp. 37–39).
- Kurnia Sari, A., Fitriani, R., & Midwifery An Nur Husada, A. (2022). Relationship between Breastfeeding Mother's Age and Exclusive Breastfeeding. *MJ (Midwifery Journal)* , 2 (4), 187–190.
- Kusumawati, S. (2021). The Relationship between Health Workers' Attitudes and Support and the Success of Exclusive Breastfeeding. *Journal of Human Asylum Nursing (JKSI)* , 6 (2), 116–120.
- Nurchahyo, E., & Khuzaiah, S. (2018). Legal Protection of Babies Through Exclusive Breastfeeding in the Perspective of Law Number 36 of 2009 concerning Health. *JCH (Journal of Legal Scholars)* , 4 (1), 52.
<https://doi.org/10.33760/jch.v4i1.59>
- Pahlevi, F., Kusmiran, E., & Mulyani, I. (2021). The Relationship between Family Support and Giving Colostrum to Babies in the Independent Practice of Midwives in the Pakansari Village, Bogor District, 2021. *Rajawali Health Journal* , 7 (2), 353–360.
- Purnamasari, D. (2022). The Relationship between Maternal Age and Exclusive Breastfeeding in the City of Yogyakarta. *Bina Cipta Husada Journal* , XVIII (1), 131–139.
- Ramli, R. (2020). Correlation of Mothers' Knowledge and Employment Status with Exclusive Breastfeeding in

- Sidotopo. *PROMKES Journal* , 8 (1), 36. <https://doi.org/10.20473/jpk.v8.i1.2020.36-46>
- Sabriana, R., Riyandani, R., Wahyuni, R., & Akib, A. (2022). Relationship between Mother's Knowledge and Attitudes Regarding Exclusive Breastfeeding. *Sandi Husada Health Scientific Journal* , 11 , 201–207. <https://doi.org/10.35816/jiskh.v11i1.738>
- Wijaya, F.A. (2019). Ideal Nutrition for Babies 0-6 Months. *CDK - Journal* , 46 (4), 296–300.
- Zikrina. (2022). Faktor-Faktor yang Mempengaruhi Dalam Pemberian ASI Eksklusif. *Idea Nursing Journal*, XIII(3), 7–14. <https://jurnal.usk.ac.id/INJ/article/view/22690>